



County of San Diego

NICK MACCHIONE, FACHE
AGENCY DIRECTOR

HEALTH AND HUMAN SERVICES AGENCY
BEHAVIORAL HEALTH SERVICES
3255 CAMINO DEL RIO SOUTH, MAIL STOP P-531
SAN DIEGO, CA 92108-3806
(619) 563-2700 • FAX (619) 563-2705

ALFREDO AGUIRRE
DIRECTOR, BEHAVIORAL HEALTH SERVICES

October 28, 2016

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – NOVEMBER 2016

1. ACTION ITEM(S): ELECTION OF BEHAVIORAL HEALTH ADVISORY BOARD EXECUTIVE OFFICERS

Background

The Behavioral Health Advisory Board (BHAB) Bylaws provide for establishing a Nominating Committee in September of each year. The following BHAB members were appointed to serve on the Nominating Committee: Eyra Leeper, Colin MacKinnon and K.C. Strang.

In October, the Nominating Committee presented a recommended slate of 2017 Executive Officers (below) to stand for election at the BHAB meeting on November 3rd.

Chairperson	Phillip Deming
1 st Vice-Chairperson	John Sturm
2 nd Vice-Chairperson	Rebecca Hernandez
Member at Large <i>Representing the alcohol and substance abuse community</i>	Jenifer Mendel
Member at Large <i>Representing the mental health community</i>	Judith Yates

ACTION ITEM: Vote to approve the recommended slate of 2017 Behavioral Health Advisory Board (BHAB) Executive Officers.

2. LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

2.1 Community Engagement Forum Wrap-Up

The Community Engagement Forums began in late August and concluded in October. There were 553 individuals who attended the forums, including clients, providers,

family members, community members, law enforcement, community organizations and BHAB members. Based on satisfaction surveys collected at the end of each Community Engagement Forum, participants were somewhat to very satisfied with the convenience, usefulness and overall impression of the forums.

In addition, six focus groups were held (with approximately 100 individuals in total) to ensure outreach and input from the following communities:

- Criminal justice partners
- Justice population – Las Colinas (final focus group to be conducted in November) and George Bailey
- Peer liaisons
- Community partners in Southeastern San Diego
- Native American partners

Information gathered at the forums will be used to ensure County budget and operational planning, the BHS 10-Year Roadmap and Mental Health Services Act planning are in alignment with community needs.

Meeting of the Minds

Twenty BHS staff attended the Meeting of the Minds conference held at the Sheraton Harbor Island on Friday, October 14, 2016. The theme this year was *Embracing the Past; Creating the Future*.

This 19th annual conference highlighted innovative and unique care in relationship to mental health prevention, treatment and supportive care. The conference promotes collaboration, cooperation and understanding related to mental health, and one attendee reported, "The conference was great! The speakers had diverse experience and knowledge to share and the participants were truly engaged."

2.2 Upcoming Events

- **November 13, 2016 - Save a Life Walk**
BHS has created a Walk Team, headed by Elene Bratton, Program Manager at the North Central Mental Health Center, to participate in the Save a Life Walk which raises awareness and prevents suicide. The Walk will be held in Balboa Park at Sixth and Laurel, with opening ceremonies beginning at 8:00 a.m. A dove release will occur at 8:40 a.m. and the Walk begins at 9:00 a.m. Proceeds from the Walk will benefit Survivors of Suicide Loss San Diego and the Yellow Ribbon Suicide Prevention Program, San Diego Chapter.
- **December 8, 2016 - Primary Care & Behavioral Health Integration Summit**
Topics will include Self-Care, Addiction, Treatment and Suicide Prevention. Registration is now open for this event being held at the Jacobs Center for Neighborhood Innovation from 9:00 a.m. to 4:00 p.m. For more information, and to register, please visit <http://www.sandiegointegration.org/integrationsummit/2016-2/>.
- **December 12, 2016 - All Provider Holiday Luncheon**
This year's All Provider Luncheon is again being held at Anchors Catering. Plan to attend this event as we celebrate a year of Mental Health and Alcohol and Other

Drug accomplishments and take an opportunity to enjoy a festive occasion and network with other BHS providers.

2.3 BHS Children, Youth and Families System of Care Psychiatrist Named 2016 Top Doc in San Diego Magazine Vote

Child and Adolescent Psychiatrist Laura Ann Vleugels, MD, Supervising Psychiatrist in the BHS Children, Youth and Families (CYF) System of Care, was named a *Top Doc* in *San Diego Magazine's* October 2016 issue. One of 700 local physicians in 76 specialties so honored, Dr. Vleugels oversees CYF psychiatric services for Behavioral Health Services. Doctors recognized as *Top Docs* are nominated by and voted on by their peers in this annual selection process. This is Dr. Vleugels' third time on this distinguished list.

3. UPDATE FROM THE SAN DIEGO COUNTY PSYCHIATRIC HOSPITAL (SDCPH)

3.1 Workforce Violence Workgroup

SDCPH has implemented a Workplace Violence Workgroup to address the risk of violence to hospital employees. This work is being driven by recent CAL OSHA requirements which go into effect January 1, 2017. The project started by asking staff to help identify risk factors in the environment that could result in violence against a staff member. Once that task was completed, the workgroup prioritized the risks based on severity and likelihood of occurrence. The next phase includes the development of strategies to prevent or minimize the risk of violence.

The initial tasks being addressed include:

- Increased security and a weapons-check process for the Next Steps contractor sharing office space adjacent to the hospital.
- Actions to be taken in case of a shooter.
- Weapons screening at entrance to the hospital.

In October, Sheriff Lieutenant Damon Blankenbaker, County Security Coordinator, came to SDCPH to do an environmental assessment pertaining to "Active Shooter" scenarios. He will be advising the hospital staff regarding what strategies/plans should be implemented in our particular setting to protect patients and staff at SDCPH.

3.2 Aggressive Patients

SDCPH is beginning the initial steps in designing a project to address aggression and violence stemming from increasing acuity with the patient population. This effort is a Quality Management project which will involve metrics and further clinical development to address the risks/needs of increased volatile and complex patients coming from local jails or returning from State hospitals to local acute facilities. All psychiatric hospitals have to manage the aggressive/violent patient. As psychiatric inpatient populations have experienced increasing acuity over recent years, the management of the aggressive patient has become a priority in order to:

- Protect the safety of patients and staff.
- Increase quality of care.
- Minimize legal and regulatory risk associated with adverse outcomes.
- Increase staff morale.
- Decrease turnover.
- Decrease costs associated with adverse events.

This will be an organization-wide initiative with updated results over the next six to twelve months.

3.3 Alternative Therapy Stress Management

The Recreation Therapy Department has initiated a functional and unique gardening program for inpatients.

- All containers are from recycled materials.
- The patients decorate and/or paint the containers.
- All plants used in this program are edible.
- The garden is vertical and mobile.

The plants have been divided into two types: leafy greens/edibles and aromatics. The leafy greens/edibles include plants such as lettuce, strawberries, arugula, and other leafy type vegetables and/or fruits. The aromatics include mints, lavender, sage, oregano, lemon balm and other herbs. While all are edible, they have different benefits. The herbs are used for stress management through aromatherapy and sensory stimulation techniques as well as for the general gardening experience.

There are many benefits from the group gardening experience for patients with Serious Mental Illness. The group gardening experience:

- Reduces agitation and promotes relaxation and wellness.
- Teaches a leisure activity for current treatment and for post discharge opportunities.
- Achieves a sense of positive accomplishment.
- Teaches an alternative form of expression in a non-threatening environment.
- Provides increased knowledge of nutrition/healthy foods (*Live Well San Diego*).
- Provides tactile/olfactory/visual sensory stimulation for trauma reduction.
- Educates patients on community resources and activities such as community gardens.
- Demonstrates aspects of the H.E.A.R.T. Initiative to our customers (patients and staff).

4. UPDATE FROM EDGEWOOD DISTINCT PART NURSING FACILITY

4.1 Blood Bank Donation Event

Twenty-six Edgewood employees participated in a day-long San Diego Blood Bank donation campaign on July 26, 2016, with Edgewood hosting the Blood Mobile at the hospital site.

4.2 State Department of Public Health Annual Survey

Edgewood underwent its annual survey process at the end of August 2016. The visit brought six evaluators including a pharmacist and registered dietitian from the California Department of Public Health to Edgewood for a 4-day intensive evaluation that resulted in no deficiencies, an accomplishment that demonstrated a high level of staff preparation and effective teamwork during the review.

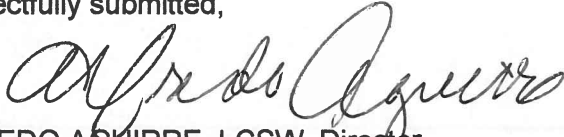
4.3 Life and Safety Annual Survey

One week after the Annual Public Health Survey, Edgewood passed its Life and Safety Code inspection. The inspection resulted in one minor deficiency. Passing two major surveys in a row with only one minor issue was cause for much celebration and reflects the facility's commitment to patient care and best practices.

4.4 Eleventh Semi-Annual Car Show

The 11th semi-annual Edgemoor Car Show occurred on October 28, 2016. The Car Show's long-term coordinator Richard Brown retired following the show, turning the event over to others. Each semi-annual Car Show has brought out 60 or more pristinely restored vehicles. The October show had a Halloween theme and featured additional planned activities and refreshments.

Respectfully submitted,



ALFREDO AGUIRRE, LCSW, Director
Behavioral Health Services

AA/tf

cc: Nick Macchione, MS, MPH, FACHE, HHSA Director
Holly Salazar, MPH, BHS Assistant Director of Departmental Operations